|  |
| --- |
|   Yoga Schedule 2023(B= Beginner R= Restorative P= Power F = Flow Yoga M = Meditative Yoga H = Hot Yoga Y= Yin Yoga) **M**onday :6:30 PM ~B~ Beginner Yoga \***T**uesday : 7:00 PM ~P~ Vinyasa Flow Yoga**W**ednesday :6:30 PM ~B~ Beginner Yoga \***T**hursday :7:00 PM ~P~ Vinyasa Flow Yoga**S**aturday :12:00 PM ~B~ Beginner Yoga \***S**unday:4:00 PM ~R~ Yoga for Back Care \*6:00 PM ~H~ Vinyasa Flow Yoga \*Classes marked asterix (\*) are 90 minutes longLike us on  : **Studio 22****65 Central Ave Cleveland TN 37311****Call Or Text – 678 860 7422****~Visit us on Web ~**[**www.catch22yoga.com**](http://www.catch22yoga.com/)**Follow us on Instagram : #studio\_22\_yoga****ALL classes are just $5 , drop-in no reservations necessary****\*IMPORTANT\*****COVID-19 Guidelines** * Thoroughly clean your hands before and after the class.
* Avoid touching eyes, nose and mouth.
* Make sure you, and the people around you, follow good respiratory hygiene
* If you have a fever, cough and difficulty breathing, Stay at home and seek medical attention.
* Bring your own mat and sanitzer spray if available.
* There will be no physical contact between individuals present during the duration of class.
 |